

MY BIZZY KITCHEN

The Official Newsletter of My Bizzy Kitchen



8 YEARS ON INSTAGRAM!

I love the TimeHop app - it tells you what you did on that day in previous years.

Yesterday, eight years ago, I posted my very first Instagram post. But you guys are going to laugh. I didn't know it was a social media sharing app - I thought it was just a photo editing app.

I "saved" that IG photo after my daughter jumped on the train to go back to Chicago. She texted me a while later and said "I love that picture you posted!" I asked "what picture?" She replied "the one at the train station?"

It was then that I learned that the photos I took could be seen by anyone on Instagram. Thank goodness I didn't do a boob shot for my hubs! For the record, I only had about 2000 followers the first six years. But I kept at it, kept sharing recipes and didn't give up. So happy I stuck with it and met so many wonderful people over the years.



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BABY PAN PIZZA

I have about 11 cast iron skillets. I've gotten all of them at garage sales or thrift stores over the years. I was hoping to do a YouTube video on how to save a rusty one, but the weekend got away from me. A video will come soon!

If your skillet starts to rust, don't throw it out. It just needs to be reseasoned. First, use steel wool to get rid of the rust.

Heat oven to 250. Rub the skillet all over with vegetable or canola oil - the inside, outside, even the handle. Bake for one hour. Turn off heat and let it sit in the oven until its cooled. I normally do this right before bed. It will be non-stick again. I reseason my skillets about twice a year.

For this baby pan pizza I used a 4 inch cast iron skillet.

- 5 ounces skinny pizza dough
- 1/4 cup pizza sauce
- 2 ounces part-skim mozzarella
- 1 ounce Applegate Farms pepperoni
- 1 teaspoon Italian seasoning

Heat oven to 425. I like to cook at a lower temperature to make sure the inside of the dough is cooked through. Brush avocado oil in the bottom of the skillet. Press dough in the pan, add sauce and toppings.

Bake for 15-20 minutes, or until the edges are browned.



On all WW plans, this pizza is 11 points. I garnished with some finely chopped baby spinach.

I just recently found Applegate Farms Pepperoni and love it. It crisps up when cooked and is only 1 point for 17 slices.



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Life

Cookbook Status Update! Because Hannah and I are self-publishing, we are kind of flying by the seat of our pants. The pdf Cookbook is 90% completed. My friend Morgan has figured out the points for all plans (which can't be in the book because WW won't let you do that - so it will be a pdf on my blog) and I am hiring my niece to do the nutritional info in case you count calories or macros.

The problem is that the printer I chose told me that the Canva PDF that Hannah and I are using to design the cookbook would be fine to go into print. Um, turns out that's not the case. I can find other printers who will print out copies, but don't do eCommerce. So we are trying to work that out - it may be that I do a limited run of 100 spiral bound cookbooks that I can make into My Bizzy Kitchen Gift Baskets. I am also working on a bundle price for this Cookbook and the FOUR MORE that are coming out in 2021. Stay tuned peeps - I hope you are as excited as I am!

Until next time friends, Be Kind, Be Fearless, Have Hope - Love, Biz



My back room is turning into my home office/kitchen studio. It's going to get painted this week so I had to clear everything out. My friend Whitney sent me all the stuff to buy for that room and every day I get more stuff shipped - I think my neighbors are wondering why I have so many boxes at my house! Hope to do a full reveal in a couple weeks when it's all put together.

The floors in Hannah and Jacob's old room are getting refinished this week too! I already got the bed frame that is going in there - it's going to look great - can't wait to have you over for a sleepover Momma! The accommodations will be better than last time - promise!